

THE SIGN OF THE CROSS

IN THE NAME OF THE FATHER, AND OF THE SON,
AND OF THE HOLY SPIRIT. AMEN.

THE LORD'S PRAYER

OUR FATHER, WHO ART IN HEAVEN, HALLOWED BE THY NAME.
THY KINGDOM COME, THY WILL BE DONE,
ON EARTH AS IT IS IN HEAVEN.
GIVE US THIS DAY OUR DAILY BREAD,
AND FORGIVE US OUR TRESPASSES
AS WE FORGIVE THOSE WHO TRESPASS AGAINST US.
AND LEAD US NOT INTO TEMPTATION,
BUT DELIVER US FROM EVIL. AMEN.

THE HAIL MARY

HAIL, MARY, FULL OF GRACE, THE LORD IS WITH THEE.
BLESSED ART THOU AMONG WOMEN,
AND BLESSED IS THE FRUIT OF THY WOMB, JESUS.
HOLY MARY, MOTHER OF GOD, PRAY FOR US SINNERS,
NOW AND AT THE HOUR OF OUR DEATH. AMEN.

THE GLORY BE

GLORY BE TO THE FATHER, AND TO THE SON,
AND TO THE HOLY SPIRIT,
AS IT WAS IN THE BEGINNING,
IS NOW AND EVER SHALL BE,
WORLD WITHOUT END. AMEN.

CONFESSION PRAYERS

BEGIN WITH THE SIGN OF THE CROSS, USING THESE OR SIMILAR WORDS:

BLESS ME, FATHER, FOR I HAVE SINNED.
MY LAST CONFESSION WAS ____ AGO.
THESE ARE MY SINS: _____.

FINISH CONFESSING YOUR SINS WITH THESE OR SIMILAR WORDS:

I AM SORRY FOR THESE SINS
AND ALL THE SINS OF MY LIFE,
ESPECIALLY FOR THE SIN OF ____.

AFTER RECEIVING YOUR PENANCE, MAKE AN ACT OF CONTRITION,
USING THESE OR SIMILAR WORDS OF SINCERE REPENTANCE:

O MY GOD, I AM SORRY
AND REPENT WITH ALL MY HEART
FOR ALL THE WRONG I HAVE DONE
AND FOR THE GOOD I HAVE FAILED TO DO,
BECAUSE BY SINNING I HAVE OFFENDED YOU,
WHO ARE ALL GOOD AND WORTHY
TO BE LOVED ABOVE ALL THINGS.

I FIRMLY RESOLVE,
WITH THE HELP OF YOUR GRACE,
TO DO PENANCE, TO SIN NO MORE,
AND TO AVOID THE OCCASIONS OF SIN.
THROUGH THE MERITS OF THE PASSION
OF OUR SAVIOR JESUS CHRIST,
LORD, HAVE MERCY.

WHEN THE PRIEST SAYS THE PRAYER OF ABSOLUTION,
MAKE THE SIGN OF THE CROSS AS HE BLESSES YOU.

GIVE THANKS TO THE LORD FOR HE IS GOOD.
FOR HIS MERCY ENDURES FOREVER.
THE LORD HAS FORGIVEN YOUR SINS. GO IN PEACE.

THE TEN COMMANDMENTS

I AM THE LORD YOUR GOD.
YOU SHALL NOT HAVE OTHER GODS BEFORE ME.

YOU SHALL NOT TAKE THE NAME
OF THE LORD YOUR GOD IN VAIN.

REMEMBER TO KEEP HOLY THE LORD'S DAY.

HONOR YOUR FATHER AND YOUR MOTHER.

YOU SHALL NOT KILL.

YOU SHALL NOT COMMIT ADULTERY.

YOU SHALL NOT STEAL.

YOU SHALL NOT BEAR FALSE WITNESS
AGAINST YOUR NEIGHBOR.

YOU SHALL NOT COVET
YOUR NEIGHBOR'S WIFE.

YOU SHALL NOT COVET
YOUR NEIGHBOR'S GOODS.

*“YOU SHALL LOVE THE LORD YOUR GOD
WITH ALL YOUR HEART, SOUL, MIND, AND STRENGTH;
AND YOUR NEIGHBOR AS YOURSELF.”*

*“LOVE ONE ANOTHER AS I HAVE LOVED YOU.”
“BE PERFECT AS YOUR HEAVENLY FATHER IS PERFECT.”
“IF YOU LOVE ME, KEEP MY COMMANDMENTS.”*

DEADLY SINS AND SAVING VIRTUES

PRIDE VS. HUMILITY AND MEEKNESS
ENVY VS. KINDNESS AND GRATITUDE
GLUTTONY VS. FASTING AND MODERATION
LUST VS. CHASTITY AND SELF-CONTROL
ANGER VS. LONG-SUFFERING AND PATIENCE
GREED VS. GENEROSITY AND STEWARDSHIP
SLOTH VS. DILIGENCE AND FAITHFULNESS

THE PRECEPTS OF THE CHURCH

ATTEND MASS ON SUNDAYS AND HOLYDAYS.
FAST AND ABSTAIN ON THE DAYS APPOINTED.
GO TO CONFESSION AT LEAST ONCE A YEAR.
RECEIVE THE EUCHARIST DURING EASTER TIME.
CONTRIBUTE TO THE SUPPORT OF THE CHURCH.
FOLLOW THE MARRIAGE LAWS OF THE CHURCH.

THE SEVEN VIRTUES OF HOLY LIVING

PRUDENCE – JUSTICE
TEMPERANCE – FORTITUDE
FAITH – HOPE – LOVE

PREPARATION FOR HOLY COMMUNION

BE FREE FROM MORTAL SIN
THROUGH SACRAMENTAL CONFESSION.
FAST FOR AT LEAST ONE HOUR
FROM FOOD AND DRINK,
EXCEPT WATER AND MEDICINE.